



Dear Colleague

Welcome to your weekly edition of the LLR Health and Wellbeing communication, designed to promote the offers and resources available to help support your health and wellbeing.

This week we have included information about a number of new and great things happening over the coming weeks! Please do share with your colleagues and remember, be kind to yourself and more **'Compassionate Cloud'**!

LLR System Health and Wellbeing support available

Critical Cloud / Compassionate Cloud

We all have an inner dialogue and what this says to us affects our brain chemistry, how we react to situations, and ultimately how we feel and how we make others feel. This inner voice can sometimes tap into our self-doubt and vulnerabilities.

A useful tool is, once you have spotted thoughts that are having an unhelpful impact on you, choose to observe them and decide which to engage with. Acknowledge them from a distance rather than being caught up in them, and let go of any which aren't useful. To quote Doctor Emma Hepburn, Clinical Psychologist, "Thoughts don't have to guide your behaviour, thoughts are not facts, they may feel real, but that doesn't mean they are true".



Of course it can take practice to develop a more compassionate and positive inner voice – give it a go the next time you have unhelpful thoughts. Be your own inner nurturer!

If you'd like to learn more about the compassionate cloud and the steps to take to change your inner dialogue, as well as many more strategies to encourage a healthy mind, we highly recommend Doctor Emma Hepburn's book 'A toolkit for modern life: 53 ways to look after your mind'!

FREE Workshop! Emotional Resilience - Tips and Techniques to help boost yours

Over the past few months, we have all seen unprecedented changes across the Leicester, Leicestershire and Rutland (LLR) System. The overwhelming pressure to do more or stay at home, having to make critical decisions and judgments under pressure and deliver difficult messages, has impacted on us all. Despite this, we have remained resilient and continue to witness acts of kindness and compassion across our services.

This one-hour interactive virtual workshop will provide an opportunity to work through some practical tools and techniques to boost your resilience, and provide a platform to share your own tips too! The workshop is available to all health and social care colleagues, irrespective of whether you are shielding, working from home or at work.

The workshop will provide:

- An understanding of what resilience is and how it influences our behaviours?
- Practical tools and techniques to use individually and with your teams.
- A safe space to talk through your experiences and share your own strategies to build resilience.

These are the dates currently available – Watch this space for further dates coming soon!

March 17th 10:00-11:00

April 15th 12:00-13:00

We expect this workshop to be very popular! Please don't hesitate to secure your place now via the following link <https://www.llracademy.org/emotional-resilience-workshop/>



A Reminder – Mental Health and Wellbeing Hub

Partners across Leicester, Leicestershire and Rutland (LLR) have come together as a system to ensure that everyone in our valued workforce has the support they need, when they need it, through an enhanced staff support offer. This local offer is in addition to the National health and wellbeing offers available.

The LLR Staff Mental Health and Wellbeing Hub has been set up to support the entire Health and Social Care workforce of LLR. The Hub is run by experienced clinicians, offering anonymous and confidential psychological support, counselling and emotional advice, to staff that assess themselves to be, in any way (personally or professionally) affected by Covid-19.

Accessing the hub is by self-referral. It is free, confidential and anonymous. Your self-assessment asks you how you are feeling, and then gives you an opportunity for a confidential follow up assessment with a clinician, and priority access to mental health treatment as required.

If you feel you need help, please call **0116 2544388** to self-refer into our clinical team now. The website will be ready and available for self-referrals very soon, please watch this space!

We encourage you to connect to the hub's Facebook and Twitter pages for further updates and information.



<https://www.facebook.com/llrstaffwellbeing.hub>



<https://twitter.com/LlrHub>

Staff Engagement Sessions

During the week of **March 15th – 19th 2021** the Mental Health and Wellbeing Hub team will be running a series of virtual staff engagement sessions. These are open to all staff working across the LLR health and social care system, and are designed to help you gain an understanding of the support offers available via the hub, as well as providing you with the opportunity to ask questions and learn what the hub can do for you.

Watch this space! Please do keep an eye on the social media accounts for further details of how to join these sessions coming soon!

If you have any questions, please contact The Hub team direct via mhwb.hub@nhs.net



Move this March with This Girl Can!

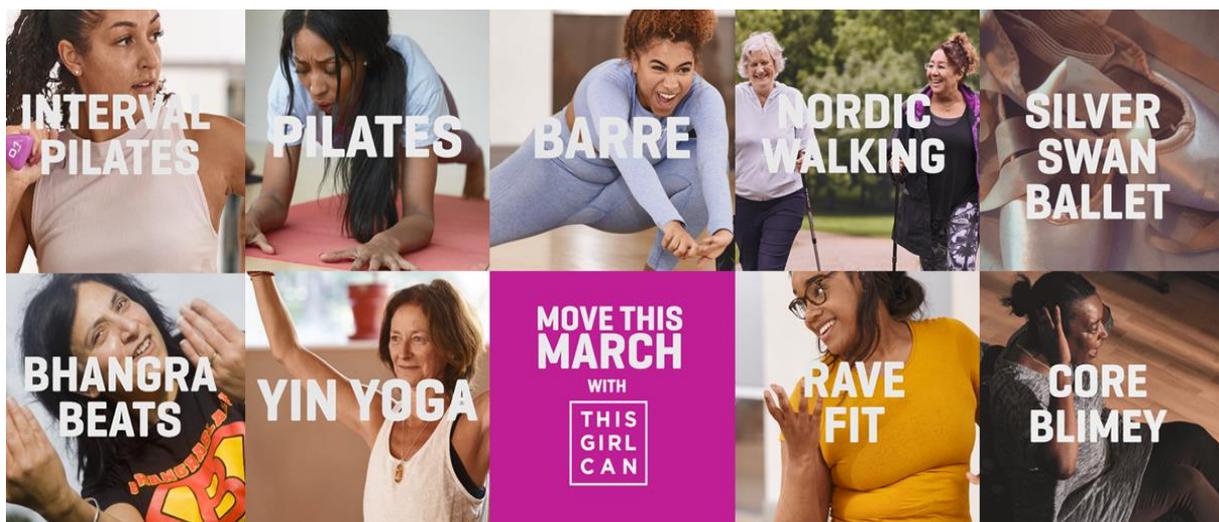
Get active and try something new this March!

Hosted by Leicester-Shire & Rutland Sport, the 'This Girl Can' event is going virtual, with a month-long calendar of activity sessions and classes taking place across the month of March, including Bhangra Fusion, Home Barre, Yoga - Yin & Nidra, Dance, Pilates, One Fit Core, Ballet, Fight & Flow (Yoga & Kickboxing), Rave Fit, Breathe for Stress, Bolly Zumba, Nordic Walking and Soccercise!

Tickets cost just £10 per person, and this gives you access to over 50 activity sessions (no limit on the number of sessions you can take part in), as well as a free water bottle and t-shirt.

A dedicated Facebook group which you can access here [thisgirlcanleicsandrut](https://www.facebook.com/thisgirlcanleicsandrut) has been created to encourage and motivate women across LLR to achieve their exercise goals. There will also be special events to celebrate International Women's Day and Mothering Sunday.

To find out more and to book your place, please click on the link provided here <https://www.lrsport.org/events/2021/03/move-this-march-with-this-girl-can>



Please get in touch with comments or feedback via email to the LLR System Health and Wellbeing Team at: LLRAcademy@uhl-tr.nhs.uk

Thank you